

nubites

nutrition tips for today's families

thirsty? choose water first!

Start the new year with a healthy habit. Skip the sugary fruit drinks, soda and sweet tea. Drink water as a familyyour child will want to drink what you are drinking!

> Keep water bottles on bottom shelves in the refrigerator, where kids can reach them.



© Nutrition Matters, Inc. All Rights Reserved. This tipsheet can be reproduced for educational purposes. Make water the first choice for your family with:

in cups, jars, or water bottles

fruit stir ⁄ straws

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` frozen fruit ice cubes